

# HAPPY, JOYOUS AND FREE

## District Voices

*Local members share on a thought, topic, experience or story relating to their success in recovery.*

### My first AA meeting...

My first AA meeting was a bit of a blur but I remember my second one like it was yesterday. A girl had come to speak at Keystone one night while I was there and it turns out she was also from Sioux City so she gave me her number. I didn't call her when I got out but instead met up with another girl I had been in treatment with. I remember walking into that church basement terrified. I did not feel at home and I did not feel like I belonged. I was so broken and consumed with fear and anxiety that I didn't think I'd ever be able to walk into another AA meeting again.

Four days later I ended up drunk. In the middle of my blackout I called that girl who had come to speak at Keystone. I don't remember what we talked about but apparently I gave her my address because she showed up at my house the next day!!! I was not happy to see her and I tried my hardest to get rid of her but she was persistent and drug me to a women's meeting that afternoon.

I was once again terrified and when it was my turn to introduce myself I couldn't even say "I'm Christy, I'm an alcoholic" without breaking down in tears. I didn't feel at home that day either but I saw something in those women that I wanted, a peace and a freedom that had eluded me for years.

So with the help of my new friend, I kept coming back. It took awhile before I could walk into an AA meeting and feel at home. It took even longer to get that peace and freedom that I so desired, but I have it today, and it's definitely worth it!

I'm so grateful for these rooms and each and every person that God has put in in my life on this journey. I couldn't do it alone then and I wouldn't want to do it alone now.

-by Christy M.

## UPCOMING EVENTS

### YPAA CAMP FIRE MEETINGS

1ST AND 3RD FRIDAYS OF THE MONTH

7:00 - 8:00 PM

BLACK BEAR CIRCLE, STONE STATE PARK  
(HWY 12 ENTRANCE)

### DISTRICT 1 MONTHLY MEETING

TUESDAY, JULY 11 | 6:30 PM

CLUB 215, 2432 JAY AVE, SIOUX CITY

ALL ARE WELCOME, COME CHECK IT OUT!

### RAGBRAI MEETING/ICE CREAM SOCIAL

SATURDAY, JULY 22 | 5:30-8:00 PM

AA SPEAKER, WILL M. 7:00 PM

HAWKEYE CLUB, 420 JONES ST, SIOUX CITY

[WWW.AASIOUXCITY.ORG/LOCAL\\_EVENTS](http://WWW.AASIOUXCITY.ORG/LOCAL_EVENTS)

*\* detailed event information can be found at your local meetings or [www.aasiouxcity.org](http://www.aasiouxcity.org)*



## AA TRADITIONS

**“An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.” - TRADITION SIX**

The 12 Traditions were created to help A.A. groups maintain unity and relate better to the world about us. With that in mind, they have been widely used in helping us learn how to be in better relationships with everyone in our life. Below is a snapshot inventory you can take to see how well you are honoring the spiritual principle found in this Tradition (in and out of the rooms of A.A.).

(The foundation of this inventory is from the A.A. Tradition's Checklist first published in the A.A. Grapevine)

- Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
- Is it good for a group to lease a small building?
- Are all the officers and members of our local club for AAs familiar with “Guidelines on Clubs” (which is available free from GSO)?
- Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
- Should my home group align itself with a treatment center for alcoholics?
- Should my home group support any other type of treatment plan other than the one found in our basic text?

## AA Resources

### Siouxland Intergroup Central Office

[www.aasiouxcity.org](http://www.aasiouxcity.org)

Iowa Area 24

[www.aa-iowa.org](http://www.aa-iowa.org)

Nebraska Area 41

[www.area41.com](http://www.area41.com)

South Dakota Area 63

[www.area63aa.org](http://www.area63aa.org)

Grapevine

[www.aagrapevine.org](http://www.aagrapevine.org)

Big Book Online

[www.aa.org/bigbookonline](http://www.aa.org/bigbookonline)

Twelve Steps and Twelve Traditions

[www.aa.org/twelve-steps-twelve-traditions](http://www.aa.org/twelve-steps-twelve-traditions)

## AA STEPWORK: REFLECTIONS ON STEP SIX

**“Were entirely ready to have God remove all these defects of character.”**

### - STEP SIX

Practical things that you can do to work toward understanding and overcoming your problematic behaviors include:

- List your faults, weaknesses, or challenges.
- For each one, note the ways that the problem affects your behavior.
- Write down the effect this fault has both on you and on others.
- Ask yourself what feelings are associated with this weakness. Are such behaviors intended to minimize or hide distressing emotions?
- Consider what your life would be like if you did not engage in these behaviors. What are some strategies that you could use instead that would be more productive?



Thinking of these issues in this way can help you better recognize the way they influence your moods and behaviors. It can also allow you to see the benefits of changing, which will ultimately improve your willingness and motivation to change.

# District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS May 9th, 2023

The Meeting was called to order at 6:30 pm by DCM Erin Z followed by the Serenity prayer. Those presents were Jenn B, Veronica K, Levi H, Al F, Dana D, Tim L, Brandi S, Nathan K, Collette M, Rick W, Jesse V, Mark P, Janelle B, & Christy M (15 Present).

## OFFICERS REPORTS

- SECRETARY REPORT: Jesse read the minutes from the April meeting a motioned to accept the minutes was made by Tim L, Al F seconded the motion passed.
- TREASURER REPORT: We had a beginning cash balance of \$5983.50 there was \$563.09 in expenditures and \$1075.00 in income leaving us with an ending cash balance of \$6495.41 there is \$3000 in prudent reserve so total cash available is \$9495.41. Jesse V motion to except the treasurer's report and Al F seconded the motion passed.

## COMMITTEE REPORTS

- ARCHIVES: Looking for someone to fill this position.
- PI/CPC: Collette M and Janelle B will be Co-Chairs.
- CORRECTIONS: Women's side is doing well; Men's side needs more volunteers Levi passed out a flyer to bring back to our meetings
- TREATMENT: Everything is going great, getting plenty of great speakers that are well received
- INTERGROUP: Intergroup is Thursday 05-18-2023, Last month 31 daily visits to the websites, 35 in person visits to the office.
- LITERATURE: Molly was not in attendance.
- GRAPEVINE: Stephine was not in attendance.
- NEWSLETTER: Another amazing newsletter for May which is available on the Central Office website

## OLD BUSINESS

- Waiting till fall for the next district workshop

## NEW BUSINESS

Created Labor Day Picnic committee headed by Erin Z and Brandi S will bring options for places to hold picnic next meeting.

## ANNOUNCEMENTS

- Area 24 Spring Conference in Grinnell IA, June 9th-11th 2023
- July 15th next unity dinner sponsored by the attitude adjustment meeting.
- Area 24 Fall Conference in Dubuque IA, October 13th-15th 2023
- Link on the central office website to sign up to go to either or both.

Jesse V motioned to close the meeting Al F seconded the motion passed the meeting Closed at 7:18 with the Lord's prayer.

GET THIS MONTHLY NEWSLETTER EMAILED TO YOU:

[JOIN OUR MAILING LIST](#)

JOIN US AT OUR NEXT DISTRICT MEETING! JUNE 13, 6:30PM, CLUB 215 JAY AVE.